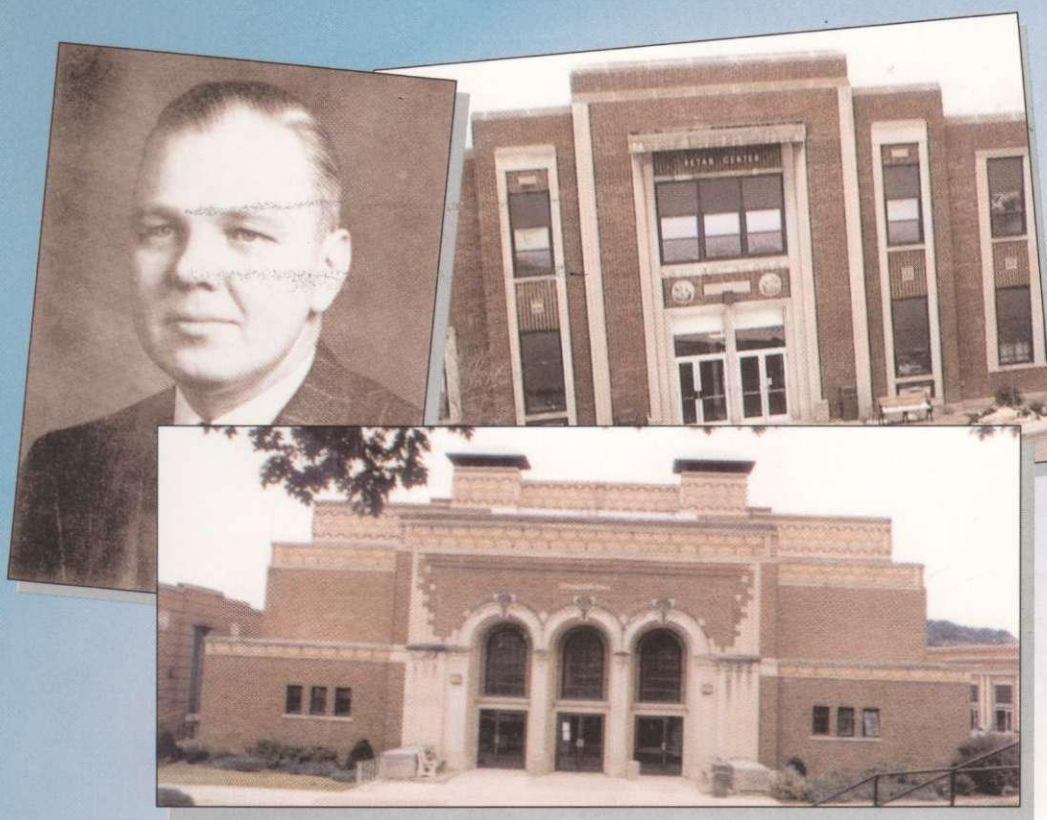


CROSSROADS

PROFILES OF THE NORTHCENTRAL PENNSYLVANIA REGION

2003

Blast From the Past



*Thumbing through the past:
the Normal School,
State Teachers College,
State College and
Mansfield University*

To our readers:

We are proud to be a part of the 13th edition of Crossroads, an annual magazine produced each spring since 1990 by the Mansfield University Magazine Writing and Production class. This magazine was named Crossroads as a nod to our surroundings, more specifically, for where Routes 15 and 6 cross just outside of the university campus.

This year, we decided to focus on our university and its buildings; their histories, their present state and their futures.

Thank you to our advertisers, our fearless leader Dan Mason, Dr. Gale Largey, whose book *Life at Mansfield: A Visual Reminiscence* was a big help in producing this issue, Mansfield University archivist Les Achey for his time and patience, and to our readers, without whom this venture would be impossible.

We dedicate this issue to those givers of life, teachers of lessons and chasers of monsters: our mothers, those who still continue to charm us, and those who have gone before.

We hope that you enjoy this edition of Crossroads.

Sincerely,

The 2003 Crossroads Staff



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Middle row: Nick Morales, Dave Merwine, Chris Ruger, Na'eem Douglas,
Matt Wesolowski, Dan Mason
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Crossroads

2003

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CROSSROADS

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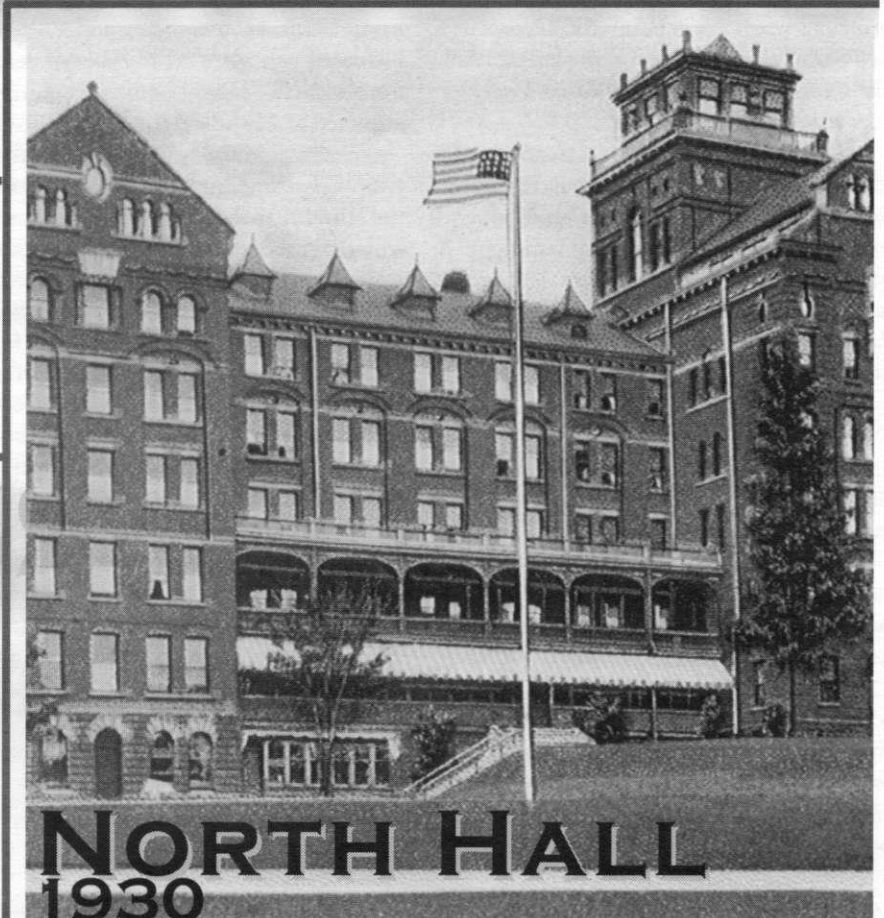
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CROSSROADS

Strong leaders built and shaped MU

By Nicholas F. Morales

Mansfield State Normal School was Pennsylvania's third school for teaching teachers. It opened in 1862. Professor Edwin Wildman was the first principal.

A year later, Professor William D. Taylor succeeded him. Taylor served as principal when the school officially opened as a State Normal School in the fall of 1863. He served until July 1864 when Professor Fordyce A. Allen took over as principal.

During Allen's administration the school began to prosper. The buildings were furnished, the grounds were graded and trees were planted around the buildings. A Model School, to give student teachers a working laboratory was built, and the music department of the school became well known.

In 1866, 11 men and three women were the first to receive their diplomas from any State Normal School at Mansfield. On the occasion the school named one of its buildings after Principal Allen.

In February 1869, Professor Allen resigned and Professor J.T. Streit became principal. Due to ill health, Streit was unable to finish his term. Math professor C.H. Verrill stepped in. Under Verrill, the school became quite prudish. Catalogs in the 1870s warned parents not to send children with 'bad habits.' Also, visitation was restricted to the recreational periods because it was felt that visitors would interfere with studying.

In 1873, the Rev. Jason Fradenburg, Ph.D. became principal. Under his leadership, North Hall was constructed and enrollment expanded. Fradenburg was greatly respected for his wide range of knowledge.

In September 1875, Professor Charles Verrill was elected principal for the second time. Two years later, Allen returned to assume leadership until his death in 1880. For the remainder of the term, Joseph Doane was principal.

In the fall of 1880, Dennison Thomas was named principal. Under his leadership, Mansfield underwent rapid expansion. Thomas, 'a thorough scholar, a good financier and a builder of exceptional executive ability,' Thomas strove to improve the school's standing as an academic institution, which would attract more students. He succeeded. There were 30 graduates in 1880.

10 years later there were 97 graduates. More student housing was needed. Alumni Hall was finished in 1885.

Thomas' tenure lasted until 1892, when S. H. Albro succeeded him. Under Dr. Albro's leadership faculty expanded from 13 to 18 members, and enrollment increased as a growing number of students from outside Tioga County began to be attracted to Mansfield.

By 1897, roughly 50 percent of the student body came from outside the county. At the time it was said that expenses at Mansfield were the lowest of any school of its type in the Commonwealth.

When Albro retired in 1899, he was succeeded by Andrew Smith, the former vice-principal of West Chester Normal School. Under Smith, the institution continued to grow in terms of enrollment and faculty. Smith served as Mansfield's principal from 1899-1913. Between 1900 and 1909, enrollment increased by 10 percent each year and three additional faculty members were employed. Smith also introduced a program in September 1901, in which students were given free tuition if they agreed to teach two full terms in the public schools upon graduation.

William Ringgold Straughn succeeded Smith in 1913. Formerly the superintendent of schools in Dubois, Pa., Straughn began his 24-year rein. His schooling in ethics and sociology shaped his vision of Mansfield's future. One of the first items on his agenda was the abolition of fraternities on the grounds that they inhibited rather than facilitated the cohesion of the school. He felt that some students were overly involved in the fraternities at the expense of their schooling.

He supported other student organizations, particularly the Young Men's Christian Association. Within its first few months, the YMCA became the dominant student organization. Within four years of its inception, the school provided a special house for its members.

Straughn emphasized the importance of religion. Student church attendance was mandatory Sunday mornings and evenings.

To promote student involvement in and commitment to campus organizations, Straughn encouraged the creation of the Student Government Association. Straughn

also initiated the publication of the first school newspaper, *The Spotlight*. In 1918, the school published its first yearbook, *The Carontowan*.

On the academic side, Straughn took steps to upgrade the training of teachers on campus. In the first year of his administration the separate town and county grade schools in Mansfield were consolidated. Students were "bused" by horse and wagon to the newly built Model School, now Belknap Hall. Because of this, Straughn developed special training for rural school teachers.

Meanwhile, the increased number of students in the music department necessitated the purchase of a building near North Hall, to be used as a practice hall.

By the mid 1920s, Straughn worked to raise the State Normal School of Mansfield to collegiate status. In 1926, the State Council of Education passed a resolution for Mansfield to offer a Bachelor of Science degree, thereby making Mansfield a teachers college. Principal Straughn became President Straughn.

In 1936, after 24 years of service, Straughn died at the age of 54. His close friend, Arthur Belknap served as acting president until the appointment of Joseph F. Noonan a year later. Noonan proved his administrative skill by reshaping the institution to become more 'student-centered.' He created an advisory program in which each professor would be responsible for 12 to 15 students. Also, to broaden students' intellectual experience, Noonan invited a wide range of speakers and lecturers to visit, and built an arts building, a new gymnasium, and a new elementary training school.

Lester Ade, former state superintendent of public instruction, succeeded Noonan in 1938.

During the fall of 1940, Ade established an educational museum in Belknap Hall to enhance the image of Mansfield as a center for educational resources in the region. He also established a clinic for students who were experiencing difficulties adjusting to educational situations.

In October 1941, Willis Pratt became president. Pratt sought to redefine the college's role in what he termed 'the struggle to maintain the democracy.' He organized a variety of war-related activities a Red Cross

Nursing Home course, a national defense book campaign and a Student Cadet Nursing course at Robert Packer Hospital.

In 1942, Pratt announced a three-year program for students to earn their bachelor's degrees. Students could attend school for three years without a summer break.

In June 1943, Pratt accepted a commission in the Military Government Division of the Army and James Morgan became president. Morgan had been Dean of Instruction since 1921. Morgan fostered student pride in an effort to meet national needs and he took special steps to honor the 15 soldiers from the school who died.

Lewis Rathgerber succeeded Morgan in 1957. Rathgerber pressed for the expansion of the library, the creation of more liberal arts courses and an expansion of international education programs. He hired more faculty members with doctorates and he invited a wide range of notable Americans to speak at Mansfield including Eleanor Roosevelt and former Governor David Lawrence.

Rathgerber paved the way for the change from Mansfield State Teachers College to Mansfield State College.

In the fall of 1964, Rathgerber

resigned and Fred Bryan was named president. Bryan's agenda included the construction of new dormitories. He initiated a special admissions program under which 100 students could start their freshman year in the summer but had to skip the fall semester and wait until spring to resume, after the December graduates left.

Bryan left Mansfield in February 1968 to become an education professor at the University of Pittsburgh. Two months later, Lawrence Park became the school's president. Park had a vision of enrollment at Mansfield to be 5,800 students. Park expanded academic programs, believing that such programs would attract both community and transfer students to MSC.

Park left the school in 1977. He was replaced by Donald Darnton, former vice president of academic affairs.

In 1979, the presidential search committee disastrously chose Janet Travis. She was the first woman president of a Pennsylvania State College. Travis' first action was the elimination of 25 faculty members mostly from the English, history and foreign language departments.

In the four years that Travis served as president she shifted the focus of the col-

lege from academics to student advising. None of her programs lasted beyond her administration.

Succeeding Travis was Rodney Kelchner, who served as Mansfield president from 1983 until his retirement in 1998. Under Kelchner's leadership, MU accomplished a \$9 million renovation of North Hall, restoring the facility from an abandoned former women's dormitory to a high tech library with over 500 computer network connections. Kelchner's administration was responsible for the new \$5.4 million Student Fitness and Recreation Center, construction of the Student Mall, and campuswide computer networking.

John R. Halstead became the 25th president of Mansfield University on July 1, 1998. During his tenure the university has increased enrollment, undergone \$70 million in renovations and improvements to facilities, implemented a new general education program, and a strategic action plan to guide future priorities. Also, this past July MU had its accreditation renewed through 2012 by the Middle States Commission on Higher Education. ✍

Sarah lives on, if only in spirit

By Joseph P. Mazer and Rachel L. Adams

North Hall is one of the largest buildings in the northern tier of Pennsylvania. Gale Largey, Mansfield University professor of sociology, writes in his 1984 book, "Life at Mansfield," that it rises seven or eight stories high. He references a huge bell tower on the top and elaborate designs on the doors and around the building. North Hall served as a dormitory until it was condemned in the late 1970s.

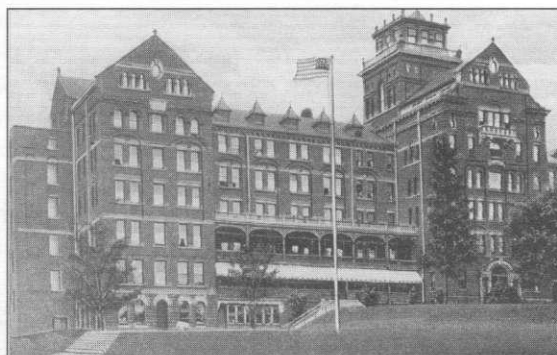
A popular legend circulates around Mansfield University. It is a story of love, heartbreak and despair - the story of a jilted lover who jumped to her death from the seventh floor of North Hall. The tale has been published in many books and articles, and is even used by the admission's office to promote North Hall, which has been remodeled into a library. It's a ghost story - the story of Sarah Madigan.

Every student at MU knows the story, but, as with any good ghost story, there are many versions of the legend.

The first version of the story is that Sarah was jilted by her lover. According to Largey,

it happened in, or prior to, the 1930s. The story goes that, "North Hall used to have a great open stairwell in the center of the building. It rose seven stories to the top. That open stairwell is now closed up. The maintenance people say it's because of fire, that the stairwell would have caused an updraft that would burn the whole building down, but the girls knew better - they closed it up because she threw herself down from the top!"

According to the legend, Sarah had been dating a man for some time, and one night, he didn't show up as expected. Instead, he sent her a letter telling her he didn't love her anymore, but have no explanation. Then, according to Largey, "She went crazy. She went running around the floor. The other girls tried to calm her down. Finally, they got her to go to sleep. She awoke in the middle of the night, more upset than she was before. She walked to the banister, looked down the dark stairwell,



Taken from Life at Mansfield

North Hall as it looked at the time of Sarah's death.

swung her leg over and jumped. They heard her scream on every floor as she went down."

Largey goes on to write that her funeral was held at her home and the college kept the story very quiet. Administrators apparently said to the papers that a young woman became ill and had gone home, then passed away. The students knew the real story.

See 'SARAH,' p. 13

WNTÉ: **ON AIR** for over 30 years

By Joseph P. Mazer

The Beginning and Birth

WNTÉ radio has been a fixture at Mansfield University for more than 30 years. It is a source of information and entertainment to the college and community. It all began when officials powered up the transmitter and WNTÉ hit the air.

In 1969, Vernon Lapps, a communications professor, began what would be a nearly 20-year reign as the station's faculty adviser.

In 1988, Priscilla Travis, another communication and theatre department professor, arrived at Mansfield University and took up the mantle as WNTÉ's adviser, a position she held until her retirement in May 2002. Under Travis' supervision, the station began to broadcast 24 hours a day, seven days a week and could be heard on computer speakers worldwide.

In August 2002, Bob Armstrong joined the Mansfield University faculty and began his current tenure as faculty adviser.

The 24 Hour Upgrade

In July of 2000, WNTÉ began upgrading services. The station adopted automated software that allowed them to broadcast 24/7. "We are excited to have the station on the air 24 hours a day, seven days a week," said WNTÉ General Manager Jackie Salerno. "By working with our technology director and directors, we are able to offer this service to listeners."

In February 2001, WNTÉ started broadcasting over the Internet. With the cooperation of the MU administration and nibblebox.com, a provider of college radio Internet broadcasting, WNTÉ was available to net listeners. Unfortunately, following a merger with the Hypnotic in the summer of 2001, nibblebox.com eliminated their Internet broadcasting service to colleges and universities, leaving WNTÉ unable to continue broadcasting on the net.

The Leadership Team

WNTÉ is operated by MU students, with input from faculty adviser Bob Armstrong as needed. "People on the board work together well," said WNTÉ General Manager Jackie Salerno, a junior public

relations/broadcasting major. Salerno holds the top position at WNTÉ, supervising activities of department heads, representing the station to the MU faculty and administration and serving as the liaison between the university president and the Board of Trustees for station policies and procedures.

Assisting Salerno is Assistant General Manager Brandon Navrocki. Navrocki, a sophomore broadcasting major, is in charge of administering the WNTÉ certification test to new station members. "WNTÉ insists on training its staff to the best of the executive board's ability," Navrocki said. "Because we test and train each staff member, we can avoid having to excuse anyone from WNTÉ." Navrocki also chairs the station's judicial board, an elected body of staff members and board members that handle station policy violations.

"We provide new staff members with an information packet," Navrocki said. "If a staff member violates station policy, they will go before the WNTÉ judicial board."

Program Director Jenn Glenny develops and enforces all on-air policies and maintains strict control over station programming to keep it within the laws of the Federal Communications Commission, and MU and WNTÉ policies.

Echo Scherer, the station's business manager, prepares the station's budget and is the official representative to the MU Committee on Finance. Scherer also arranges for the payment of all station bills.

WNTÉ Chief Engineer Bob Horst keeps the station's circuits working properly.



WNTÉ.COM

DJ Jon Lunger brings his voice to the mic during his live radio show.

Horst is responsible for the maintenance and installation of all equipment as well as purchasing necessary replacement parts.

Katey Yenik, the station's office manager, acts as the recording secretary at all WNTÉ formal meetings, takes the minutes of the meeting and keeps attendance records.

Public Relations Director Becky Kelsall is responsible for the promotion and publicity of station activities. Kelsall, a sophomore broadcasting/speech communication major, also organizes promotional events to display station services.

Kelly Ann Murray, the station's news director, broadcasts news briefs and weather forecasts at the top of the hour. Murray, a freshman journalism major, also trains and supervises the newsreaders who assist with the newscasts.

One of the busiest departments is music. Mike Peters is music director. WNTÉ has four genres of music for DJs to use. Peters, a sophomore broadcasting/journalism major, is assisted by Tony Spagnoli, Jason McCaffrey, Stephen Crumrine, Andre Bennett and Amy Hall. Each member of the music department is responsible for carting and charting music in their specific genre.

"Carting and charting music is important for the station," Peters said. "It enables us to maintain contact with record companies and provide current music for listeners."

The production staff produces public service announcements, event promos and other broadcast materials. Mike Whittemore is production director. He ensures that all materials are recorded and ready for the air.

WNTÉ also broadcasts sports. Junior Pete Nebzydoski is sports director. Nebz is a broadcasting/journalism major. Mountaineer Sports Radio brings its listeners every touchdown, slam dunk and home run. In addition to being the voice of WNTÉ sports, Nebzydoski supervises all sports coverage and the preparation and presentation of all special sports programs.

Ryan Yurkiewicz is Sales Manager. He is responsible for maintaining communication with businesses to secure station under-

writing. Underwriting is the main source of income for the station.

Rachel Adams, internal relations, acts as the staff's representative to the board. Staff complaints are directed to Adams in confidence. She reports problems to the appropriate person, office or department. She also holds mediation sessions between contentious board or staff members.

Stephanie Yeager, the station's parliamentarian, interprets the constitution. A newly added position, the parliamentarian also serves on the judicial board to clarify any issues involving staff members and their rights within the station.

WNTE.COM Debuts

In May 2002, WNTE got on the web with a page at www.wnte.com. Jake Burke, a sophomore broadcasting/journalism major, designed the station web site. He serves as webmaster and technology director. Working closely with the general manager, Burke developed a site that benefits the station staff, university staff, the community and WNTE alumni.

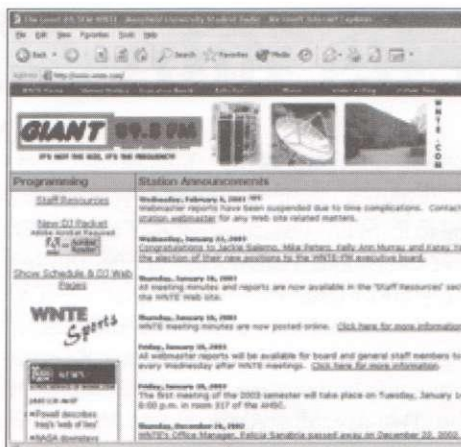
"The WNTE web site is a vital tool in station success and promotion," Burke said. "It keeps station staff, alumni and the community up-to-date with what is going on at the station."

The site has station announcements, an executive board section, music and underwriting information, a virtual tour and a station alumni directory.

"The alumni directory allows us to maintain contact with students who worked at station during their time at Mansfield," Burke said. "They keep us up to date as to their careers. Many still work in broadcasting."

The DJ Experience

WNTE provides an opportunity to all



WWW.WNTE.COM

WNTE now has a home on the Internet.

majors at the university to host their own two-hour, live radio show. "Whether broadcasting majors or not, if students take their show seriously, they will be more marketable," Travis said. Because students have shows from 6 a.m. until 4 a.m. the next morning, WNTE gets little use from its Automation system. "We prefer to have as many DJs as possible on the air throughout the day," Glenn said.

Station Services

WNTE is not only proud of its 24 hour a day, seven day a week operation, but of the many other services it provides. The station broadcasts at an effective power of 115 watts and a total transmitter output power of 150 watts. Among the services the station provides is coverage of sporting events.

"We try to attend every sporting event," Nebzydoski said. "By broadcasting sporting events, we not only provide a service to the university and surrounding communities, but we give students the chance to improve and showcase their broadcasting skills."

"We do a lot of remote DJ-ing for members of the university and downtown community at service events," Salerno said. "By participating in blood drives and other

fundraising events, we are able to give staff members experience with live remote broadcasts."

Off to the left in the on air studio is a piece of equipment WNTE board members hope will never be pressed into service. The station's Emergency Alert System is armed around the clock ready to alert listeners in the event of disaster. "It is necessary for the university and community," Horst said. Horst is in charge of the system's upkeep. "It is rarely activated, but when it is, it keeps our listeners informed."

The station broadcasts hourly news reports. "On a college campus, news is essential," Murray said. "I gear the stories to the audience and select stories that students can relate to."

Leadership in Meetings

As with any club, organization or business, meetings are essential for continued operation. The staff and board of WNTE meet Tuesday evenings. The executive board conducts a closed meeting before the general staff meeting to discuss station business. The executive leadership team reviews the on air performance for the week and establishes goals for the week ahead. Following the board meeting, the group adjourns to a larger room to address the 60-plus person staff.

"Even though our staff is largely made up of broadcasting, journalism and communication majors, WNTE is open to all majors on campus," Salerno said.

A Look Ahead

Changes are in store for WNTE. A transmission signal upgrade and additional equipment is in line to give station staff members the necessary hands-on training.

"We are looking into upgrading our broadcast range," Salerno said. "In addition, we are planning several upgrades to several pieces station equipment."

Students have been able to enjoy music, sports and information from WNTE for more than 30 years and there is no reason to think that the next 30 years will not continue to provide opportunities for students to get some hands-on broadcasting experience. ☞



www.wnte.com

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**Requests, Dedications,
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Social Greeks move in to MU

By Nichole L. Swick & David G. Merwine

Sorority Life

In 2003, there are four nationally recognized sororities at Mansfield University: Alpha Sigma Alpha, Alpha Sigma Tau, Delta Zeta and Zeta Tau Alpha. All four sororities were founded at Mansfield University within a four-year period. In fact, two of the four sororities were established on campus two days apart. The history of each sorority signifies and represents the individual organization locally and nationally.

Alpha Sigma Tau was the first social sorority established at MU. Alpha Sigma Tau was established at then Mansfield State College in May 1965. Its chapter name is Alpha Xi. When established, Alpha Sigma Tau had such objectives as ethnic, social and cultural development of its members as its major goals. Like all sororities AST stresses friendship, love and sisterhood among its sisters. In 1965 AST was the only sorority at MSC. There were two fraternities.

After its establishment, AST sisters were required to maintain at least a 2.2 grade point average. This minimum grade point average has risen over the years. As of spring 2003 the required minimum GPA is 2.25.

Delta Zeta was the second sorority established at MSC. On March 12, 1966, there were six sisters in MSC's chapter of the the nationally known sorority. By the end of 1966, DZ at MSC had 60 members. MSC's Iota Theta chapter was one of the fastest growing chapters in the region. Sincere lasting friendship has been a characteristic of DZ since the beginning. The Iota Theta chapter believed moral and social culture would help develop unity and plans for guidance.

At its birth at MSC, DZ required a 2.0 grade point average. This academic requirement has risen dramatically over the years. In 2003 the required grade point average is a 2.5, which is the highest requirement among all four sororities on campus.

Since its beginning in 1966, Delta Zeta has the largest sorority at MU. They continue to work and recruit in order to sustain their number one position.

Alpha Sigma Alpha was established May 16, 1970. The Delta Epsilon chapter was the third social sorority established at Mansfield. With the ladybug and Raggedy Ann and Andy being their mascots, the

women of Alpha Sigma Alpha made social and cultural developments their goals, hoping to form an everlasting bond of friendship and sisterhood. Their focus continues to be unity and togetherness which gives them a common bond with Delta Zeta and Alpha Sigma Tau. In 2003, Alpha Sigma Alpha's grade point requirement is 2.3.

Two days after Alpha Sigma Alpha was established, Mansfield University Greek community added its fourth and so far final sorority--Zeta Tau Alpha.

ZTA is unusual in that their organization is known as a national fraternity. Since the organization is made up of women, MU considers ZTA as a sorority. The rabbit is ZTA's mascot. They also claim strawberries and a crown to symbolize their organization.

By the end of 1970, their membership was 31 sisters. The Eta Epsilon chapter is a huge supporter of the Susan G. Komen Breast Cancer Foundation like all ZTA chapters nationwide.

Fraternity Life

First, we will look toward the oldest fraternity at Mansfield University, Lambda Chi Alpha. Lambda Chi, as it is known, was founded in 1909 at Boston University and came to Mansfield as a chapter over 30 years ago. It is one of only two fraternities at MU which has a nationally recognized fraternity house. In 2003, Lambda Chi has over 300 chapters and over 220,000 brothers worldwide. Mansfield University is home to 14 brothers who plan to initiate five new members in 2003.


Phi Beta Sigma is the next fraternity at MU to explore. Phi Beta Sigma was founded Jan. 9, 1914, at Howard University by three founding fathers. These founders looked to create an organization that would be part of the community, rather than one set apart. This conviction is held true in the fraternity motto, "Culture for Service and Service for Humanity." Phi Beta Sigma is a strong supporter of national philanthropic organizations such as the March of Dimes, The NAACP, and The National Headstart Program. In 2003, Phi Beta Sigma has two active brothers

at Mansfield.

Phi Kappa Sigma, known as Phi Kaps or Skulls, is the fourth oldest social fraternity in the United States. Started in 1850 by seven founding fathers, Phi Kappa Sigma was established to promote trust, loyalty and endurance. Phi Kappa Sigma's motto "Stellis Aequus Durando" literally translates as 'equal to the stars in endurance.' In 2003, Phi Kappa Sigma has over 70 active chapters and more than 40,000 alumni around the world. Mansfield University's Phi Kaps have been recognized at MU since 1998, after changing from the local fraternity Phi Kappa Delta. In 2003, Phi Kappa Sigma has eight active brothers and two new members who will be joining the fraternity tradition here at Mansfield University.

Phi Mu Delta, also established at MU in 1998, was originally founded in 1918 by five founding fathers at the Universities of Connecticut, New Hampshire and Vermont. Phi Mu Delta, like other social organizations, is a strong supporter of philanthropies. St. Jude's Children's Hospital is Phi Mu Delta's national philanthropy. In 2003, Phi Mu Delta has 11 chapters in the United States and produces a national magazine *The Triangle* bi-annually. MU is home to nine Phi Mu Delta brothers and two new members.

Sigma Tau Gamma is the only other fraternity to have a recognized fraternity house at Mansfield. Founded in 1920, several men attending Central Missouri State Teachers' College felt the need for a college fraternity that would enrich their own lives and others. From this Sigma Tau Gamma came into being. In 2003 Sig Tau has over 100 chapters across the United States and over 50,000 members worldwide. In 2003, Sigma Tau Gamma has 12 active brothers at MU. ☞

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'Flashing' MU for over 75 years

By Rachel L. Adams

The Flashlight, Mansfield University's student newspaper, was founded on Feb. 28, 1914 as *The Spotlight*, a 16-page monthly publication filled with jokes, announcements, police reports and other university news. It boasted as well a faculty issue, where members of the Mansfield Normal School faculty could write articles about anything they pleased.

The Spotlight was, as many newspapers are, plagued by many problems, most notably lack of funds and lack of student

interest. The cost of a copy was 15 cents, a year's subscription - a dollar. On the first anniversary of its birth, the editorial staff likened the growth of *The Spotlight* to that of a baby taking its first steps. They wrote, "*The Spotlight* wobbled along on uncertain steps for a while but soon its muscles were strengthened by the support of the student body and faculty until it could stand upright and hold its own among the school papers of this state."

In the fall of 1920, *The Spotlight* became *The Semaphore*, a name change that remains unexplained in the pages of the publication. The 12-page weekly paper contained such headings as "Social Functions," "Athletics," "School News," "Alumni" and "Fireless Roaster," a jokes and pleasantries page.

After six years, on Feb. 6, 1926, the newspaper appeared as *The Flashlight*. This name wasn't intended to be permanent, however, and in the fall of 1926 a "Name Your Paper" contest was held underneath a banner proclaiming the same. On Dec. 13, 1926 it was announced

that one Howard Burr had won the contest over fifty other entrants, and the name *The Flashlight* would stay.

"'Flashlight' means the flashing of news and events across the campus horizon. It conveys a world of meaning in that it catches the news of the week and the picture stays," wrote the editors.

The first runner-up name was "The Tanager" and second runner-up was "Red and Black Flashes."

At first *The Flashlight* was published bi-weekly but soon grew to a weekly publication. Popular columns were "The Awgawan," a list of one-liners about the university and town, and "Flashes from the Normal," a collection of news around campus. *The Flashlight* name endured through 76 years of publishing, and saw its first full-color issue printed on April 26, 2000. Today, *The Flashlight* is a staple of the Mansfield University campus, bringing local and world news, features and sports to the campus every Wednesday. ✍



Photo from *Life at Mansfield*

The Spotlight Staff: Even journalists had to adhere to the dress code in 1914.

The Flashlight

Mansfield University's Student Newspaper

Phone: 570-662-4986

Fax: 570-662-4386

E-mail: flashlit@mnsfld.edu

2M Alumni Hall Student Center - Box 1

Mansfield University

Mansfield, Pa. 16933

Star System gives Greeks a goal

By Ryan D. Devine

Originating here at Mansfield University and created by Jody Hare, Greek Advisor at Mansfield, the "Star System" has been adopted by many Colleges and Universities. The Star System is a system of checks and balances for social fraternities and sororities on campus. The purpose and goals of Hare's system is to improve the quality of Greek programs.

Rewards are given out to the organization that surpasses in community service, academics, and campus involvement. The Star System makes Greeks more meticulous about their actions.

The highest rating that can be

obtained is five stars. There are many different honors for a rewarded organization. If an organization obtains five stars, they are awarded \$500.

Representatives from awarded fraternities and sororities are then invited to, and recognized at the Outstanding Student Service Award Banquet in the spring. The groups will be featured on the Greek homepage (<http://www.mnsfld.edu/~greek>) and in college publications. Five gold stars will be displayed on the groups' paddles in Manser Dining Hall.

This year's five-star organizations were Alpha Sigma Alpha, Delta Zeta, Sigma Tau

Gamma and Zeta Tau Alpha.

Mansfield University's Societies Excelling in Service, M.U.S.E.S., committee is in charge of developing and refining the Star System. Based on a similar system from a neighboring school, the System was established and put into effect during the 2001-2002 academic year. The Order of Omega, a Greek honor society, will be replacing the M.U.S.E.S. committee after this semester.

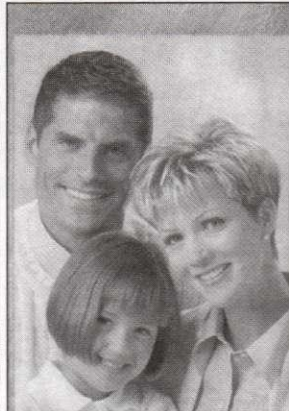
"The Star System really changed Greek life at Mansfield," said Lisa Martin, an Alpha Sigma Tau sister. "The Star System has given Greeks more to work for." ✍



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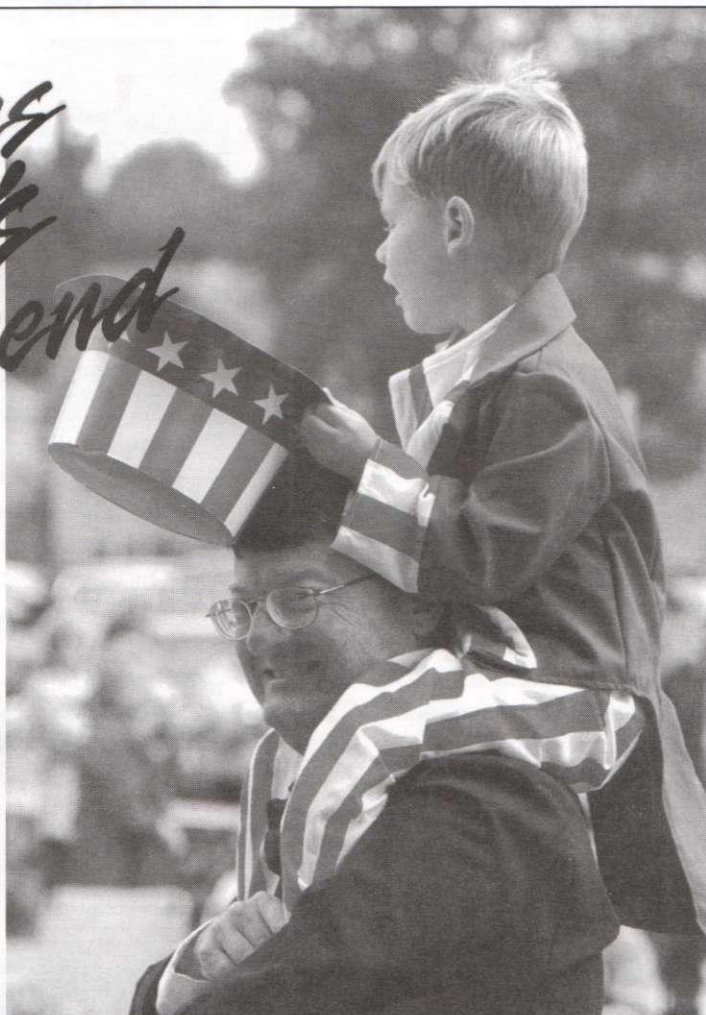
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Mansfield survives the test of time

By Beth A. Harvey

Mansfield University has survived fire, financial difficulties and many changes since its beginning in 1854. In 1857, Col. Joseph Hoard began Mansfield Classical Seminary. Within three years of the seminary's opening, it was destroyed by fire at the beginning of the second term.

After the fire, the seminary was overwhelmed with financial difficulties but reopened in August 1859. Although it was Hoard's wish to continue the Mansfield Classical Seminary, the institution looked to the state for economic support and became the Mansfield State Normal School.

Professor Fordyce Allen helped nurse the school back to life and the normal school was acknowledged by the public and was recognized for its intellectual excellence. After a lot of financial instability, the school became steadily more prominent.

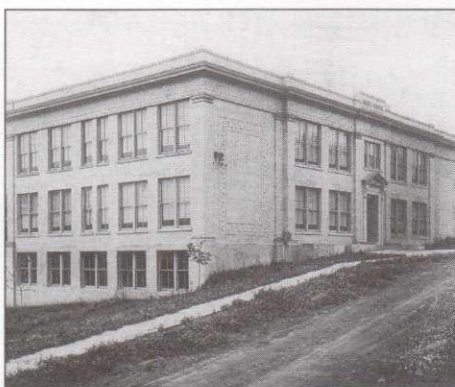
North Hall was built in the 1870's. Since then, the college has added a new building each decade. In the 1880's the original Alumni Hall and a gym were added. In the 1890s North Hall underwent many renovations.

Many new programs were started in the early 1900s, such as the Conservatory Course of Music that focused on educating church organists. After many of these programs came and went, the school focused on teacher education under the leadership of William Straughn. In 1927, Mansfield Normal became the first state teachers college in Pennsylvania and MSTC was born.

During the Great Depression, Mansfield State Teachers College, as it was then known, had descending enrollment numbers, but in the late '30s the future was looking brighter after the construction of



North Hall 1900



Belknap Hall 1918

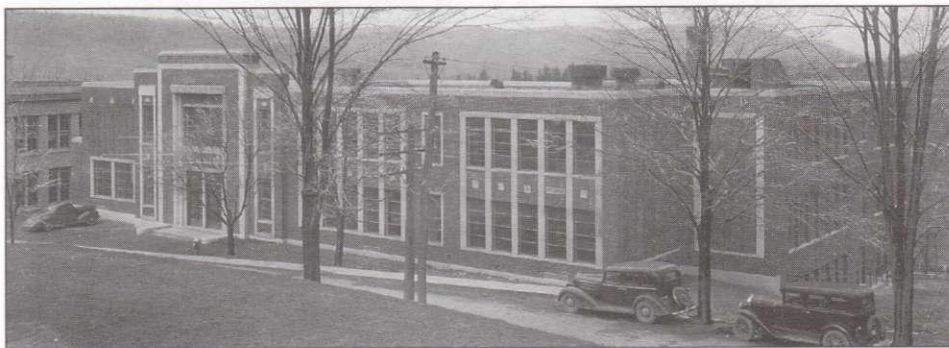
three new buildings. A home economics/music center, an educational center, and a new gym were all built, leading up to further changes in the 1940s. After World War II enrollment went up again. Sports teams were reinstated and a student cadet-nursing program was established with Robert Packer Hospital, Sayre and Hahnemann Hospital School of Nursing in Scranton.

In 1960 the college was renamed Mansfield State College. Like everything in the 1960s, Mansfield went through monumental changes. Enrollment increased by by

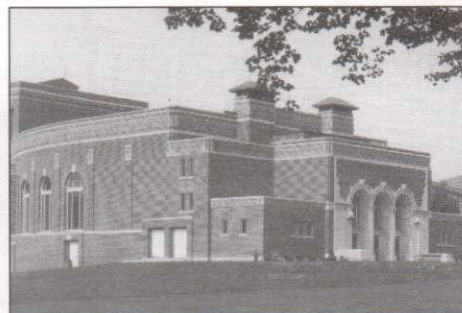
nearly three hundred percent by 1970.

With the addition of more new programs, Mansfield State College became a liberal arts institution, though it never lost its sight of its first mission, the teaching of teachers. Despite dire predictions during the '70s, Mansfield State College thrived, and by 1983 had become the school we know today and was renamed Mansfield University, part of the Pennsylvania State System of Higher Education. The new MU was led by president, Rod Kelchner, a long-time faculty member and administrator at MSC.

In 2003, Mansfield University serves over 3,300 students. Recent construction projects have changed the face but not the underlying structure of the school. Alumni Hall houses the student union, North Hall has been renovated and reborn as the library, and the Rod C. Kelchner Fitness Center has been built, just to name a few. The future looks bright for the school on the hill. ✍



Retan Center 1940



Straughn Hall 1932

*All photos on this page have been taken from: **Life at Mansfield: A Visual Reminiscence** by Gale Largy. Present-day photos of MU were taken by Dan Mason, Ryan Devine and Jaime Zublick.*

Belknap Hall & Retan Center

By John M. Zick

The building now known as Belknap Hall opened in 1914, the same year that World War I engulfed Europe. Belknap replaced old Alumni Hall as the acting model school after it became obvious that the old structure had been outgrown. Belknap housed both classrooms and offices for a large staff of administrators and teachers ready to serve both pupils in grade school and the student teachers learning the profession.

For the next 25 years the yellow brick structure served well until the Junior High (Allen) and elementary school (Retan) were opened in 1926 and 1939 respectively. Belknap Hall, named for Mansfield's Dean of Instruction Arthur T. Belknap



Taken from *Life at Mansfield*

Belknap Hall was built two years after the Titanic sank, and was renovated in 2001

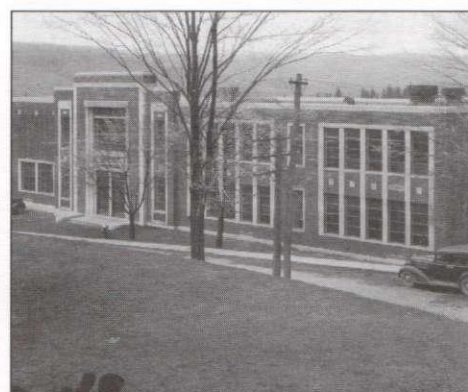
(1921-1938), then became a classroom and office building for Mansfield State Teacher's College.

In 2003 Belknap Hall has both classrooms and offices for the Departments of Languages and Literature, and Geography and Geology. Belknap Hall was renovated in the summer of 2001.

Retan Center, built in 1939, was opened the same year Hitler's Nazi regime invaded Poland sparking the start of Europe's second major war in 25 years. The elementary school building was constructed simultaneously with the building now known as Elliot Hall.

When the model/training school outgrew its home in present day Belknap Hall and the East Building (now Allen) was completely functional as a junior high school, a modern elementary school was the next obvious step for completing the educational process of student teachers.

Retan Center was eventually named for a combination of father and son. Edmond A. Retan, former Tioga County superintendent of schools, directed the Training School from 1918-1926. His position consisted of a conglomeration of jobs such as teacher preparation supervisor, education department chairperson, director of field experiences and principal of the junior high and elementary schools. His son,



Taken from *Life at Mansfield*

Retan Center, as it looked in 1940

George A. Retan, inherited his father's position and served in that capacity until the late 1940s.

Retan Center served as the local elementary school until 1963 when Warren L. Miller Elementary School was constructed at the south end of Smythe Park. After, Retan Center housed some of the education faculty who migrated from Belknap and Allen, as well as the School Library program facility.

In 2003 the building is primarily used for faculty and support staff offices as well as classrooms for the Department of Education and Special Education and External Learning Experiences.

Retan Center was renovated during the summer of 2001. ✍

Chemistry professor's legacy lives

By Christopher L. Ruger

Mansfield University had a science facility as early as the 1930's. The earlier facility was located on the site of the older section of Grant. The building was demolished in the late 1940's and was replaced by the eastern wing of the present structure.

It was originally called Case Hall, and housed science department faculty offices, classrooms and laboratories, largely to support the teaching of science subjects in elementary and secondary education.

In 1970 there was a need to expand the facility. The expansion came to the west toward North Hall and the campus greenhouse. The addition more than doubled the number of offices, classrooms and lab-

oratories in Grant. It also included a large planetarium to underscore an emphasis on astronomy. The planetarium was named for George B. Strait, and the building itself is named in honor of Herbert Grant, a professor of chemistry and physics.

The science center also features a large lecture hall that is used as a classroom by many faculty on campus.

In the spring of 2003 Grant Science Center was remodeled. At that time all the asbestos insulation was removed and replaced with a safer material. The roof

was also replaced.

The departments of biology, fisheries, chemistry and physics are located in Grant Science Center. ✍



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Laurel Manor & Maple Hall

By Beth A. Harvey & Matthew P. Wesolowski

Laurel Manor and Maple Hall dormitories were built just south of South Hall and west of Pinelock in 1966. Residences, garages and outbuildings for single-family homes on this block were replaced by Laurel. The properties were purchased over time and the buildings were demolished as the land was prepared for construction.



Laurel Manor is the MU's only single-sex dorm.

Laurel Manor is northern most and was built as and remains a women's dormitory with two large wings designated A and B. It is the only women's dorm on campus. A parking lot and connecting drive were added to the west and south respectively in the mid-1980s.

Only one of the dormitories on campus does not carry the name Manor. That building is Maple Hall. Maple was built and opened in 1968, the same year as Laurel. The structure of the building is the same as Laurel on a much larger scale with A and B wings. In the past few years Maple has gone through renovations to better accommodate today's students.

Maple Hall is a co-ed dormitory located along Clinton Street. The south wing of the building has housed the campus health

clinic since 1982. A covering was placed over the long walkway that extends from Clinton Street to the one story connection between the two wings in 1991. Maple Hall is located between Laurel Manor and the Kelchner Fitness Center. ✍

"Laurel is the cleanest and quietest dorm on campus." --Rachel Adams, senior



Maple Hall is the only MU residence hall not named "Manor."

SARAH, cont. from p. 4

Because Sarah reportedly had the most beautiful voice on campus, another version, the "music major version," goes that Sarah was sitting on the seventh-floor railing of the atrium. She was singing the university's Alma Mater with such a stunning voice that all the girls in the building left their studies and came to see her. In their presence, she sang with even greater excitement. She became so emotional that she lost her balance and fell backwards down the well. Even though the other girls screamed with horror, Sarah kept singing even as she was falling to her death.

Both versions of the legend reference many interesting events that took place after she died.

The story goes that, "within a few weeks they could hear her walking the floor at night. She carried a candle or an oil lamp that lit her face in an eerie way, but she was not unfriendly." Sarah chose a girl, who is only referred to as "Kyle," to communicate with. Sarah told her that she can walk on any floor in the building because in her death plunge she passed by each floor. Because of this, Sarah is sometimes referred to as "The Ghost of Every Floor."

Sarah is a gentle ghost, however. Her tricks are limited to turning lights on and off, although some people have reported seeing books fly off the shelves. According to Largey, Sarah only wants to help freshmen girls, not cause trouble.

Apparently, Sarah still does exist, and wanders the floors of North Hall at night. Students have seen her peeking out of the windows of the library at night, and janitors have reported "feeling her presence" as they clean after the library has been shut down for the night. Does Sarah Madigan still walk the library floors, keeping watch over the students at Mansfield University? We may never know. ✍

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Alumni Hall & South Hall

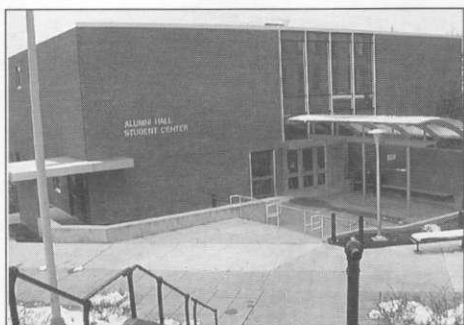
By Nicholas F. Morales

Construction of Alumni Hall began in 1883. Two years later it was completed.

There was an auditorium and several classrooms in Alumni. The classrooms provided space for the Training School that was expanded to accommodate more students.

The original Alumni Hall stood until the summer of 1959 when it was replaced by current Alumni Hall. The new building was constructed over several years in the early 1960s. The new Alumni was built to serve as a library and an administration building for the college. The upper two floors housed the college library and the lower floors held the offices of the president and most of other administrators.

The new building carried not only the name of its predecessor, but the belfry and the clock tower edifice which, for 70 years, was the model building for Mansfield State Normal School and Mansfield State Teachers College. As of 2003, the original



Alumni Hall Student Center is the center of social life at MU.

Alumni Hall bell remains on a pedestal just north of Memorial Hall.

Growing administrative needs in the late 1960s outgrew the building. An addition to Alumni was completed in 1971. The addition housed payroll and some of the budgeting/accounting personnel. The second floor included offices for the president, the vice president for academic affairs, vice president for administrative affairs, personnel/human resources and revenue.

When the senior administration moved to the fifth floor of North Hall in 1996, human resources occupied much of the second floor of Alumni.

Various parts of information technology are located in the area where those offices once stood. On the top floor, library technical functions were consolidated for the first time in the building in the spacious new part of the floor. Today, these floors make up the newly remodeled Student Union, university store, snack bar, meeting rooms, recreational area, offices for College Community Services, Inc., *The Flashlight*, Student Government Association, Martin Luther King Jr. Center as well as student union and student activities staff.

South Hall was constructed in 1950 as a men's dormitory to replace the dormitory with the same name which was built from 1857-1861. The old South Hall was renovated in the late 1880s and frequently after that. The 1861 structure replaced the 1856 building that burned in April 1857, which



South Hall, which started as a dorm, now houses offices and classrooms.

effectively closed the Mansfield Classical Seminary in its first year of operation.

The new South Hall served as a men's dormitory until 1968, when Maple Hall opened. The building has been used in a variety of ways during the last 35 years, among them offices, classrooms and a one stop shopping area of student services on the first floor.

One of the most diverse buildings on campus from a user point of view, South Hall houses 89.5 WNTF-FM, the APSCUF office, records, revenue, financial aid, athletics and minority mentoring, and academic advising and opportunity offices. Academic and human development, Act 101 programs and the learning center are on the second floor. Canadian studies, University Senate offices and faculty/staff offices for the Communication/Theatre and Art, Philosophy, Liberal Studies and Psychology departments are on the third floor. Career development and placement services are located on the fourth floor. ✍

Allen Hall has had many faces

By Matthew P. Wesolowski

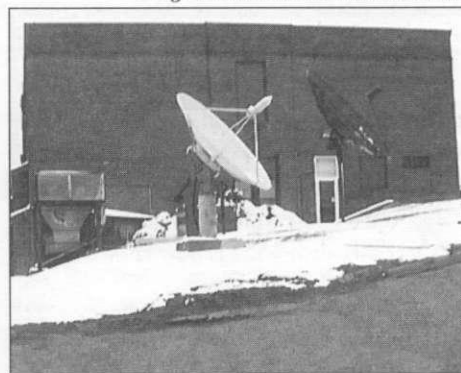
Allen Hall is named for Fordyce A. Allen. Allen himself never received a college degree, but he twice served as principal of Mansfield Normal School during the 1860s and '70s.

Allen Hall was built in 1926 and was originally referred to as East Hall or the Junior High because it served as Mansfield's Junior High School for many years.

The large auditorium in Allen has housed many productions over the years. In the '60s and '70s the Reader's Theatre Showcase staged several productions in the

auditorium. The SGA weekend movies were shown in the auditorium as well. In the late '80s Allen's auditorium was retrofitted as a state of the art teaching facility.

The Art Department classrooms and offices now occupy the majority of the building. Allen Hall also houses the audio-visual department and the TV studio. Recently a computer lab has been added across the hall from the TV studio that houses many journalism classes, including Magazine Writing and Production, the class that produces this magazine. ✍



Allen Hall started its life as a junior high. It now houses the art department.

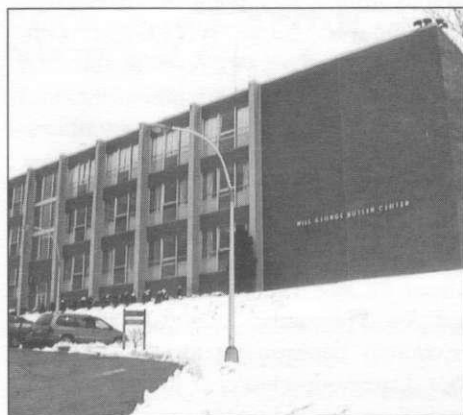
Butler Center

By Rachel L. Adams

Mansfield University was the first state teacher's college in Pennsylvania to grant a four-year music education degree. It's no surprise, then, that MU is famed for its music department, the students and faculty of which spend their days in Butler Center. But what is now a grand old building didn't exist before 1968.

In 1936, the music department existed on the first floor of Alumni Hall. All the academic courses of the department were taught there, and the director of the department, Grace Steadman, had her office there as well. There was one large rehearsal room for the choir in Alumni Hall but Straughn Auditorium, which was reasonably new at the time, was also used for rehearsal and instruction. The band and orchestra directors had their offices there and would teach their instrumental classes onstage. There were a few voice teachers and one piano teacher who had their studios in North Hall, which was where the practice rooms were.

In the late 1950's and early 1960's the



Butler Center is home to the music department and Steadman Theatre.

department began to grow quickly under the leadership of Chairpersons Sylvester Schmitz and John Baynes. The demand on the music department's meager facilities was too much. At the time, the university was renting two houses on South Academy Street, both of which served as studios for music professors.

Baynes recalled, "At that time we were so pressed for space that we had practice pianos in the lavatories and I think I remember some in the basement dressing rooms of Straughn Hall. Our students were practicing all over the place wherever they could find a spot!"

When it was decided that a new music building was in order, Schmitz, who had been named Dean of Academic Affairs, had to pass off building plans not as a music building, but as an international studies building in order to get approval from the Department of Education in Harrisburg. The music studios in the present-day Butler Center are large because they were originally billed as classrooms.

The Board of Trustees named the building after Will George Butler, a teacher of violin and director of the orchestra. He had also composed several pieces and had been published many times. He was also head of the music department before it was certified to grant a music education degree and was looked upon by alumni as a sort of legend. The theatre attached to the building was named in honor of Grace Steadman, the first head of the music department after it could grant a music education degree and producer of the yearly operettas. ✍

Decker Gymnasium

By Matthew P. Wesolowski

A plaque stands on the wall in the entryway to Decker Gymnasium that gives a brief description of Marion Emory Decker. Decker lived from 1902-1968. During that time period he was the chairperson of the health and physical education department at Mansfield University from 1946 until his death in 1968. Decker was also the athletic director from 1946 until 1964.

Decker Gymnasium has housed many of the offices and facilities for Mansfield University athletics including a swimming pool and a basketball court. The basketball court also houses Mansfield University's baseball winter training facilities, which have been featured in Baseball America magazine. The court has also seen several PSAC championships and most recently it saw Mansfield University's men's basketball team crowned the ECAC champions. ✍



Decker Gymnasium serves as both an athletic and educational facility.

Oak Hill Hall & Hickory Hall

By Jaime R. Zublick

Over time landscape changes, things come and go. That is exactly the story of two dormitories that once existed at Mansfield University. Oak Hill Hall and Hickory Manor once stood on the edge of the university's territory near what is now known as the "E-Lot".

Oak Hill Hall was built in 1964 by the DePaul Company of Philadelphia, who were also responsible for the construction of the Corey Creek apartments. Originally called

"Oak Hill Manor," its name was changed to "Oak Hill Hall" shortly after the construction of the second dormitory a year later in 1965.



Oak Hill Hall was known as Oak Hill Manor until 1965.

Hickory Hall was erected directly behind Oak Hill Hall. Both buildings contained 150 units and were privately owned throughout their existence. The university recognized them as male dormitories.

Residency at both dormitories flourished for nearly 12 years. In 1978 Cedarcrest was constructed and residency at both Oak Hill and Hickory Hall began to decline. By 1986 both dormitories fell to disuse and were demolished. ✍

Cedarcrest means flexible living

By Na'eem A. Douglas

In October of 1971, an architect was appointed to design a new female dormitory, Cedarcrest. Preliminary plans indicated two wings with the maximum height of six and one half floors for each wing. Originally the building of this new dorm was tied with the demolition of North Hall. After the completion of Cedarcrest, North Hall was to be demolished. After being set for December of 1974, then moved to September of 1974, Cedarcrest's completion date was moved again to the summer of 1975. Even so, the new dorm was not fully operational until September 1976.

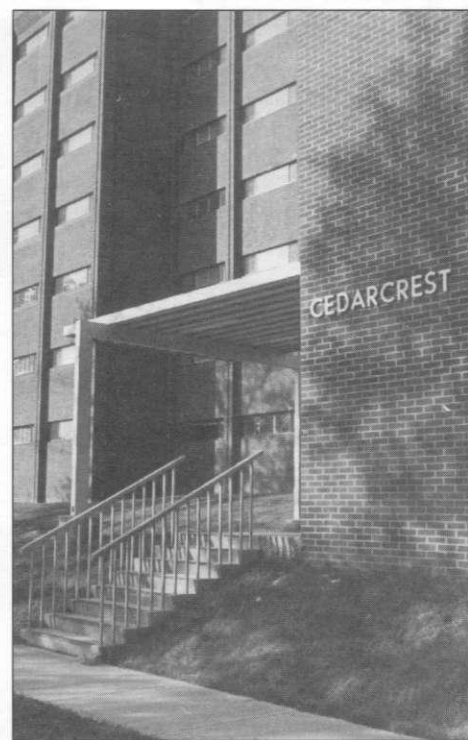
North Hall was supposed to be demolished after the completion of Cedarcrest but was saved, because Mansfield University officials were not sure if North Hall should be renovated or torn down. Cedarcrest's design was new and different compared to the other dormitories on campus, with its square hallways, deluxe double (bathroom and living space) rooms, and six-person

suites. The Board of Trustees' meeting minutes indicate that it cost \$4,867,838 to build Cedarcrest.

From the 1970s to 2003, Cedarcrest earned a reputation as the black eye of Mansfield University. Some students say that there is trash everywhere and music blasting. Others complain of the long walk up and down the hill. Some do not mind the walk and say it is not as bad as people think it is.

Jamel Smith, a senior who has been living in Cedarcrest since 1999, said Cedarcrest may not be the cleanest dorm but it is not the worst. "When I first came here Cedarcrest was a lot worse than it is now, it been cleaned up a lot since then," he said. "Where else can you go on the entire campus and have a laundry, kitchen and lounge on every floor," Smith said.

The legacy of Cedarcrest being the ghetto of Mansfield University is a debate that may continue as a campus tradition. ✂



Cedarcrest Manor is the newest dorm at MU

Hemlock's days are numbered

By Michele M. Peet

Oak Hill and Hickory Hall, male dormitories, were built beyond the field house. North Hall was still being used but could not account for the growing attendance rate. In 1964, it was decided that two more dormitories were needed.

When attendance at Mansfield Normal School continued to grow, housing had to accommodate more students. With this extra factor, another dormitory to house women had to be built. Since the dormitory buildings would have botanical names, the new dorms were named Hemlock and Pinecrest.

The State Teachers' College of Mansfield was now offering courses that

were more professional, including history, political science and education courses. The college also offered graduate courses that also involved the need for more dormitory space.

The growing enrollment resulted from an expansion to a State Teachers College in 1927. Mansfield State Teacher's College existed until 1960. It wasn't until 1983 that it became Mansfield University.

Pinecrest opened for students in 1965 and Hemlock opened at the same time as Hickory a year later.

Before North Hall was condemned, Laurel, which has always housed women, was built, and Pinecrest and Hemlock were turned into men's dormitories. South Hall also existed as a men's dormitory. Eventually, Hickory and Oak Hill would be torn down.

In 1988, the west third floors in Pinecrest became offices. The print shop had moved to the first floor and the politics and economics department offices had moved as well. The political science offices have remained in Pinecrest. The residence life office in 120 Pinecrest has resided there



Hemlock will soon be demolished.

ever since.

Since at least the early 1980s the residence halls housed males and females in the same building.

After housing students for 37 years, Hemlock's hope for survival is dim. The plan has been set in motion to destroy Hemlock after other renovations are complete. The projected date is set for no sooner than 2004. Pinecrest will continue to exist and house students and offices. ✂



Pinecrest is in the most convenient location.

Coping with loss: how to handle the grieving process

By John M. Zick

It's strange how one moment in time can change ones life forever. This one moment, whether good or bad, can alter ones thinking, mindset and psyche until the end of time. As human beings, we are taught to openly express our emotions in order to overcome them. Those who refuse to share their emotions tend to experience difficulty in becoming completely functional ever again. While both positive and negative emotions engulf our minds everyday. It is negative emotions that are the toughest to overcome. To most, the death of a loved one is the most difficult situation to deal with. Overwhelming sadness, as well as anger and feelings of insignificance, drowns the mind and makes it almost impossible to feel alive.

The loss of a loved one is a trying time for anyone, but for a college student, the time directly after this loss can be emotionally paralyzing. Typically, college students live away from their parents or guardians in an effort to mature into adulthood. For most, this transition into adulthood is fun and difficult at the same time. The stress of schoolwork divided by social experiences equals the road to maturity. Usually, there will be bumps in the road to maturity for all students, but most of these bumps are minor in the grand scheme of life. For the unfortunate minority, however, these bumps can become mountains in the face of losing a loved one.

I had been quite lucky throughout my life. I only had to deal with one family-member death prior to February of this year. My grandfather, whom I rarely saw, passed away when I was 14. His death hit my family long and hard, but I was able to continue my life almost uninterrupted.

Many of my friends had dealt with sig-

nificant losses of loved ones, but I never really had. I always thought to myself if that ever happens to me, I'll be able to deal with it and continue my life without pause. I couldn't have been more wrong.

My mom died on February 19, 2003. She died at home at an all-too-young 51 years old. Her death decimated my emotions and slowed my progress in school, work and my personal life. It has been more than a month now since she passed away and I've begun to come to grips with my loss, though not totally. I don't know for sure how I've been able to do it, but I know that if I can do it, anyone can do it.

Some people believe that the healing process starts in two weeks, but it doesn't. I don't know when the healing process starts or stops, but even as a 21-year-old, I know it does start and does stop. At some point in my life I hope I can fully come to terms with this situation, but I know it will take more time.

Although I still feel sadness and pain everyday, I have realized there are some things that one can do to help heal. I am not attempting to be a therapist, but I do know a few things that have helped me deal with my situation.

First, talk to someone when you feel upset. Everyone has at least one person in their lives that they can talk to in confidence. Talking to others you trust is very therapeutic, even if you don't talk about your recent loss. Just knowing that someone is there to talk to you is very good for your mindset.

Second, grieve. There is nothing wrong with expressing emotions openly. If you need to cry, then cry. Sometimes the most mundane happenings in your life can bring back memories which you need to deal with,

and those are the times you most need to express emotion. Everyone, whether they have lost a loved one or not, realizes that at any moment you are a possible mess waiting to happen.

Third, take time for yourself. Everyone grieves in a different way. Never bottle up your emotions, but at the same time you need to take time for yourself and just be alone with your thoughts. Too much of something is never good and the same goes for grieving with a group or grieving alone.

Fourth, laugh. To be cliché, laughter is the best medicine. Don't feel like you have to cry all the time, because you need to laugh. Whom ever you lost would smile if he/she knew you were able to laugh during tough times. Also, don't be afraid to laugh at your lost loved one as long as it is in good fun.

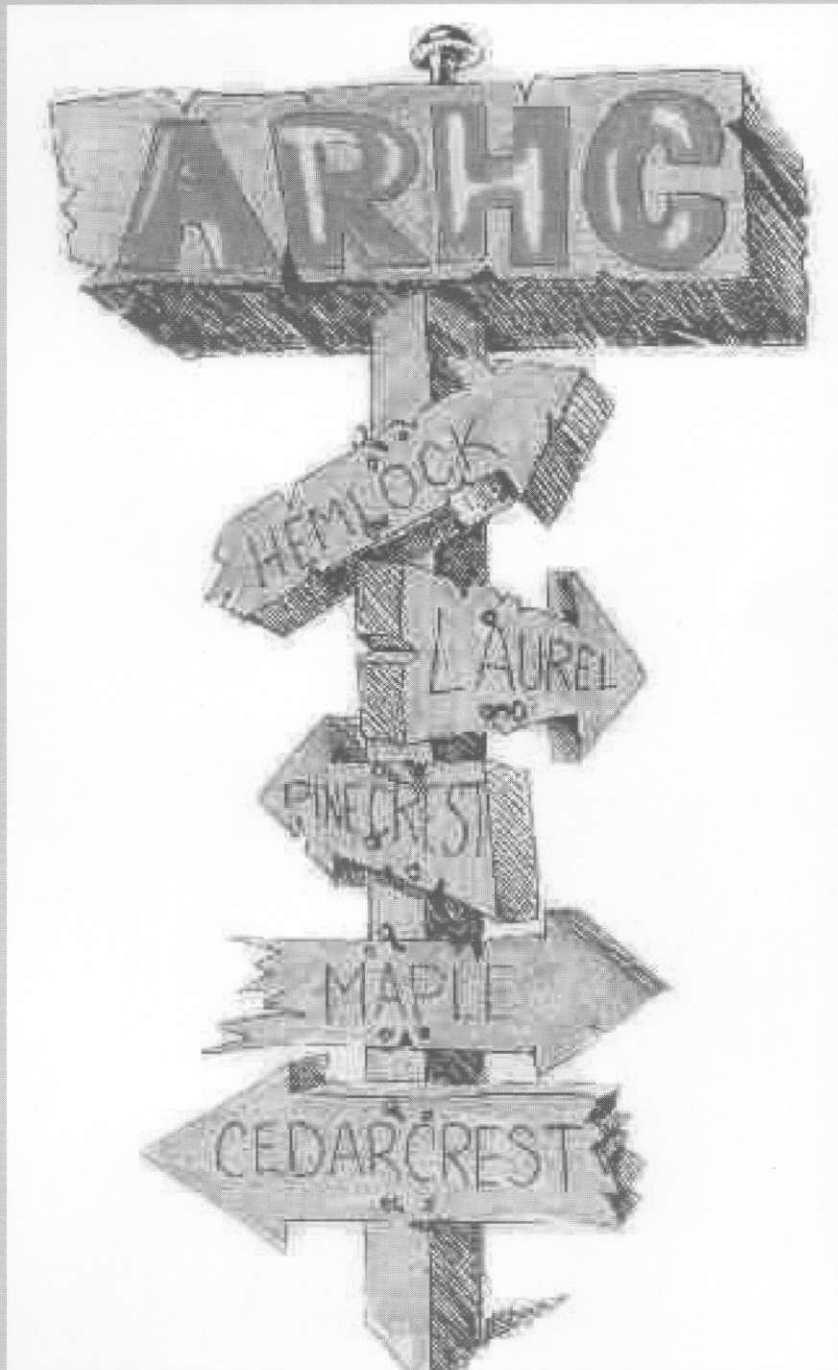
Fifth, reminisce. Think about the good times you had with your lost loved one. Sometimes you may laugh and sometimes you may cry, but it is always good to remember.

To anyone who has ever lost someone they cared about, I grieve for you and with you. Death is paralyzing to our emotions, but in time our wounds will heal. If anyone has ever lost a mother or father, I can especially relate. When I think of how loving my mom was and how special she made everyone feel, I am so thankful I knew her and loved her.

At this moment, think of the loved one or loved ones you have lost, and if you are lucky enough to have never lost one, think of someone dear to you who has. At this time, tell them out loud that you love them because I am certain they are listening. ✍



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- ◆ All Residence Hall Council is the governing body for Mansfield University residence halls.
- ◆ Membership is open to all residence hall students.
- ◆ Meetings are 1 p.m. Tuesdays in Pinecrest Seminar Room. For more information call the Residence Life office at 662-4933.

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